

Amendments to the Specification:

Please replace the paragraph on page 16, between lines 23-29, with the following paragraph:

B1 The bench unit 40 is relatively small and is convertible to allow several different exercises, and includes an easily adjustable resistance engine 52 compactly positioned beneath the bench and out of the user's way. The bench unit 40 is further described in co-pending United States Application No. [[]09/802,835 entitled "ADJUSTABLE-LOAD UNITARY MULTI-POSITION BENCH EXERCISE UNIT" filed by Lull, et al. on March 8, 2001 (Applicants' docket no.10031.00, Express Mail No.: EL 759 300 110 US), which is incorporated herein by reference.
